

Over 1,200 died by suicide in 2022

Over 38,000 988/National Suicide Prevention Lifeline calls, texts, and chats (2022)

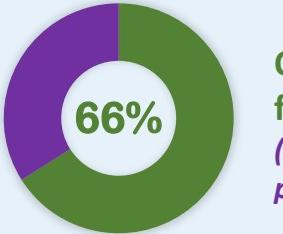
# Suicide in Missouri: Where We Stand

Sources: Center for Disease Control and Prevention (2021); Conner, Azrael, Miller (2019); Darron (2021); Missouri Department of Health and Senior Services (2022); Missouri Institute of Mental Health – University of Missouri St. Louis (2022); University of Missouri – Partners in Prevention (2020, 2022, 2023); U.S. Dept. of Veterans Affairs (2020); Vibrant (2022).



highest suicide rate in the nation (2021)

## Lethal Means



Of suicides involved firearms  
(Followed by asphyxiation, poisoning, and other)

Firearms are the most lethal means; 90% of those who use a firearm die



Most firearm deaths are suicides  
Followed by homicides and accidents (2%)

747 suicides (54%)  
609 homicides (44%)

## Demographics

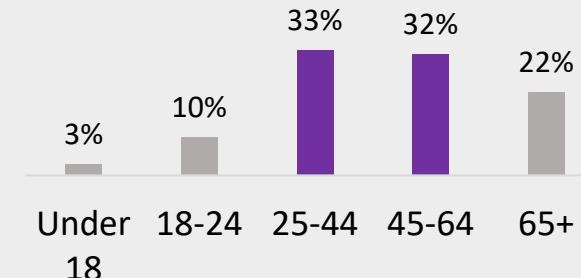


Male suicides are roughly 4x higher than female suicides



Most suicides are among White Missourians

The majority of suicides are between ages 25-64



Rural suicide rates are higher than urban



Highest numbers in St. Louis Metro and Kansas City

## Youth Suicidal Ideation

25% of college students had serious thoughts of suicide in the past year  
13% of high school students  
11% of middle school students

51% of college students were "Very Likely" to refer someone who says they are thinking about suicide to a local resource

However...

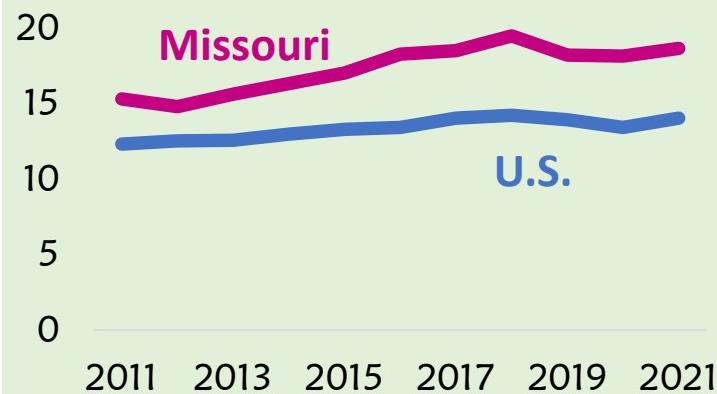
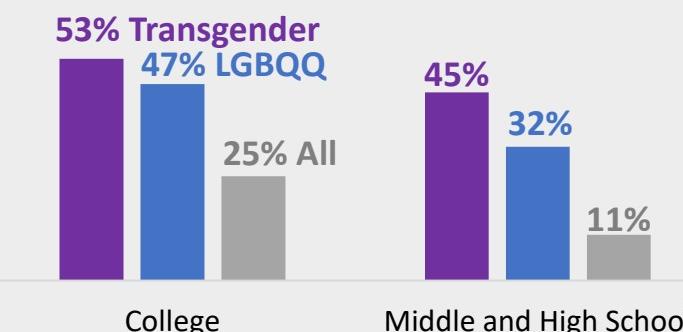
only 21% of college students were "Very Likely" to bring up the topic of suicide with someone they think is at risk

## Top 3 Barriers to Seeking Help

Among suicidal college students

- × "I do not think I need any assistance" (42%)
- × "I feel shame" (41%)
- × "I am afraid that people will judge me" (35%)

High percentage of sexual and gender minority youth seriously considered suicide last year



2nd leading cause of death for Missourians aged 18-34

3rd leading cause of death for Missourians aged 10-17

## Veterans

Missouri veteran suicide rates are slightly more than two times higher than US general population

- Highest suicide rates were among young veterans
- 15% of all suicides in 2020 were veteran suicides